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BIRDS IN BIG TROUBLE?

The QB situation is a nightmare. 11

Become a better home chef with the #Cook90 challenge. 10

Comedian Hannah Trav brings a deeply personal show. 9

F❄❄K, IT'S COLD

Record-setting arctic cold has swept across the country, causing multiple deaths. But the end is far from near, as snow and ice could come to the East Coast this week. 4

PHOTO ILLUSTRATION GETTY IMAGES & ISTOCK

WELCOME TO METRO PHILLY

MORGAN ROUSSEAU, MANAGING EDITOR
Baby, it's cold outside — and it's not going to warm up any time soon. Read on for details on this week's fiercely frigid forecast and how freezing conditions are expected to affect the city. You can keep up with more winter weather stories by visiting **metro.us.**

PAKISTAN REACTS TO TRUMP'S 'LIES' TWEET

Pakistan's civilian and military chiefs Tuesday rejected "incomprehensible" U.S. comments after President Donald Trump tweeted angrily about Pakistani "lies and deceit," with Islamabad summoning U.S. Ambassador David Hale to the Pakistani Foreign Office late Monday to explain Trump's tweet, media said. The ministry could not be reached for comment but the U.S. Embassy in Islamabad confirmed Tuesday that a meeting had taken place. Trump said the United States had been rewarded with "nothing but lies and deceit" for "foolishly" giving Pakistan more than $33 billion in aid in the last 15 years. "They give safe haven to the terrorists we hunt in Afghanistan, with little help. No more!" he tweeted Monday.

SEN. ORRIN HATCH WILL NOT SEEK RE-ELECTION

2 Republican Sen. Orrin Hatch said Tuesday he will not seek re-election in November, opening the door to a potential Senate bid by Mitt Romney, the 2012 Republican presidential candidate who has been one of the party's harshest critics of President Donald Trump. "Every good fighter knows when to hang up the gloves. And for me, that time is soon approaching," Hatch said in a video statement posted on Twitter. "That's why after much prayer and discussion with family and friends, I've decided to retire at the end of this term."

5 THINGS YOU NEED TO KNOW

PEOPLE PROTEST OUTSIDE IRAN'S LONDON EMBASSY

3 Anti-regime protesters demonstrate outside the Iranian Embassy on Tuesday in London, England. Protests in Iran have seen at least 12 people die during violent clashes in recent days.

GETTY IMAGES

NEW CAMPAIGN TARGETS SEXUAL HARASSMENT

4 "The clock has run out on sexual assault, harassment and inequality in the workplace. It's time to do something about it," reads an initiative launched this week by more than 300 Hollywood women. It's called Time's Up, and it includes industry powerhouses like Reese Witherspoon, Kerry Washington and Brie Larson. Time's Up is calling for Hollywood women to wear black at the Golden Globes on Sunday night to raise awareness, according to The New York Times. Some men in the industry have vowed to participate in the red carpet blackout as well. Time's Up is also working with the group 5050by2020 to achieve a 50/50 gender parity model where "women are equally represented at every level — especially in leadership positions and in positions of power" by the year 2020. SAM BRODSKY

US SERVICE MEMBER KILLED IN AFGHANISTAN

5 One U.S. service member was killed and four others wounded during a "combat engagement" in the eastern Afghan province of Nangarhar, the U.S military said in a statement Tuesday. The incident took place Monday in Achin, Nangarhar province, the statement said. Two of the wounded service members were being treated at a medical facility and were in stable condition, it added. Nangarhar, on the porous border with Pakistan, has become a stronghold for ISIS, generally known as "Daesh" in Afghanistan, which has grown to become a dangerous militant group since it appeared around the start of 2015. The Taliban and ISIS have frequently fought each other in the Nangarhar province, and both have been targeted by sustained U.S. airstrikes.

School District bringing on activist who criticized school cops as adviser

Outside the School District office are, from left, Philadelphia Student Union Executive Director Julien Terrell, with parents Lauren and Isaac Gardner Sr., who say their son was unfairly treated by school police. SAM NEWHOUSE

The School District says it will review the use of school police with help from an activist and parent who complained about a school cop's use of force on his son.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

One of the School District of Philadelphia's last acts of 2017 was to acknowledge the complaints made against it that a school police officer inappropriately dragged a local activist's 9-year-old son out of a classroom and locked him in a bathroom to berate him.

And now, that same activist will participate in a review of the practices of school police officers.

Isaac Gardner Sr., known as activist Ikey Raw, founder of Justice 4 David Jones, said his son was mistreated by a school police officer during an October incident. He had called for the school police officer involved to be prosecuted last month at a rally with the Philly Students Union outside School District headquarters on Broad Street.

"The Philadelphia School District showed no concern until the rally on Dec 12," Gardner told Metro. "I had to attend the SRC [School Reform Commission] meeting on Dec 14."

After that meeting, Gardner spoke with superintendent Dr. William Hite about how the district handled the incident.

On Oct. 20, Gardner's son, Isaac Gardner Jr., 9, was reportedly upset due to a classroom disagreement and refused to get up from a chair and leave his art classroom at Solis-Cohen Elementary School in Oxford Circle.

A school police officer, who reportedly said he was coincidentally walking by and overheard the teacher calling the principal, entered the classroom and allegedly pulled him out of the classroom, then entered an adult bathroom with him, locked the door and berated the student for a few minutes.

Hite had previously in 2014 ordered school police to desist from responding to level 1 offenses like truancy, failure to follow classroom rules and verbal altercations.

"We as a team did not handle a minor classroom incident at Solis-Cohen Elementary School correctly," School District spokesman Lee Whack said in a Dec. 28 statement on the incident. "School police are in place for the sole purpose of ensuring the safety and security of the entire school community. Officers are not to be utilized for classroom management purposes under any circumstances, and individuals at the school did not meet the District's expectations on October 20."

Whack declined to comment further on the specifics of the incident, calling it a "personnel matter."

Gardner had also complained that school officials never notified his family of the new specific complaint form for allegations of school police misconduct, which he learned about only when meeting with the Education Law Center.

"The whole system needs an overhaul," he said.

That type of change might be possible. The District is planning a full review of school police conduct in the wake of this incident, and have invited Gardner to assist with the process.

"We appreciate that Mr. Gardner brought his valid concerns to our attention," Whack said. "We are glad that he has agreed to work with a team of administrators in reviewing the role of school police in our schools and the ways of communicating this role to families, students, staff and the community."

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Northeastern US gripped by record cold, with snow in the forecast

Frigid weather had struck much of the country for the past few days, breaking long-standing temperature records.

A record-shattering arctic freeze kept its grip on the U.S. Northeast on Tuesday, closing schools and affecting travel on the first business day of 2018, and forecasters warned the region could be walloped by snow later in the week.

Boston tied a 100-year-old record on Tuesday when it marked seven consecutive days that the temperature did not top 20 degrees Fahrenheit, and people whose work kept them outside struggled to find ways to keep warm.

"I'm here since '78 and I don't remember cold weather like this," Yiannis Galanopoulos, who sells $3 cheese pretzels from a cart in New York's Times Square, said as he warmed his hands over the glowing charcoals that keep his wares hot.

"But a living is a living," he said, adding that if the temperature dipped much lower, he might rethink the trip from his home in West New York, New Jersey. "It's not worth it to take a chance."

Officials throughout the region urged residents to alert social services if they saw people stuck outside in the cold.

"We want every resident to have shelter and warmth," Washington Mayor Muriel Bowser said on Twitter. Bitter cold was blamed for at least four deaths across the United States over the New Year's holiday weekend.

The higher temperatures were expected to be accompanied by heavy snow in the East Coast by as early as Wednesday, according to the National Weather Service.

"New York City will probably expect anywhere from 2 to 4 inches of snow," said weather service meteorologist Greg Gallina. "The maximum swath will be from southern Rhode Island to the south of Boston and into Maine. Southeast Maine will experience anywhere from 12 to 15 inches of snow."

Gallina added that cities in northern Florida will experience freezing rain and maybe some sleet. Coastal areas in Georgia and South Carolina will start to experience smaller amounts of snow, from as early as late Tuesday.

In Iowa, Massachusetts, Indiana, Ohio and North Carolina, school districts canceled or delayed the start of classes as bitterly cold weather, 20 degrees to 30 degrees below normal, were expected across the eastern half of the United States.

The cold was blamed for the deaths of two men in separate incidents in Milwaukee, according to the Milwaukee Journal Sentinel. A homeless man was found dead on a porch in Charleston, West Virginia, while another man was found dead outside a church in Detroit, and police said he may have frozen to death, local news outlets reported.

The cold should ease across most of the country heading into the weekend, Gallina said.

"We're going to see a steady of warm-ups at the end of the weekend when temperatures become average again across the Great Plains and into the Midwest by Sunday," he said. "Another cold blast will come in on Monday, but it won't be as brutal. This warm spell will basically be a short respite from the severely cold weather."

REUTERS

A pedestrian in Center City on Tuesday braved freezing temperatures and icy winds. Temperatures are predicted to remain cold through the end of the week. CHARLES MOSTOLLER/METRO

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Philadelphia can expect wintry conditions for the rest of the week. GETTY IMAGES

Philadelphia expands warming centers' hours as cold snap continues

An ongoing cold snap that has held Philly in its icy fist since just after Christmas isn't going away anytime soon.

Snow and ice remain on the ground from a post-Christmas snowfall. Temperatures are forecast to hover below freezing for the rest of the week, with wind bringing the chill down even lower. It's expected to get especially brutal on Thursday and Friday nights as temps drop into the teens and even single digits.

With a code blue in effect, the city said it would open up an extra 500 beds at shelters for the duration of the winter.

"The city's homeless outreach teams will continue patrolling streets, urging homeless individuals to come inside from the cold temperatures," a city spokeswoman said.

In particular, the city will focus their efforts on the Kensington/Fairhill neighborhoods around the old Conrail tracks, where large numbers of homeless drug addicts are known to live after having left a former drug encampment on the tracks.

Nearby, Cione Recreation Center at 2600 Aramingo is opening up with extended "warming hours" overnight, available all week to help fight, "extreme weather conditions."

The rec center will be open 10 p.m. to 7 a.m. Jan. 2 through Jan. 5, and open from 10 p.m., Jan. 5 to 7 a.m. the following Monday.

"The center will provide hot drinks, blankets and toiletries to those in need, as well as mental health and drug and alcohol outreach services," the city said.

People who need shelter during the daytime are urged to visit Prevention Point Philadelphia's Drop-In Center at 2913 Kensington Ave. The center is open Wednesday and Thursday from 7 a.m. to 4:30 p.m., and Friday from 7 a.m. to 3 p.m.

Three soup kitchens will provide meals to anyone in need with no restrictions or ID requirements: St. Francis Inn at 2441 Kensington Ave. (215) 423-5845, Blessed Sarnelli at 2739 Kensington Ave. (215) 356-7551, and St. Phillip's UMC at 718 East Tioga Street (215) 634-3532.

Lastly, the Water Department urged residents to exercise caution in dealing with frozen or inoperable pipes.

If your pipes freeze, the department says, use a space heater or hair dryer to thaw the pipes. They also suggest letting your faucet trickle overnight to prevent it from freezing up: "It costs only pennies, and the moving water will help prevent the pipes from freezing," they said.

The city asked the public to report homeless people sleeping on the street to the Homeless Outreach hotline, available 24/7 at 215-232-1984.

SAM NEWHOUSE

4 COLD-LIFE HACKS FOR KEEPING WARM THIS WINTER

Each morning, it dawns on us: It's f—ing cold out. But there are steps you can take to make the horrid experience of living life in sub-zero temperatures more bearable.

1. Electrify your life
Put an electric blanket on your bed and turn it on 20 minutes before you turn in for the night. In the morning, slip the blanket into your drawer to warm your clothes before you put them on.

2. Use every last drop of hot water
There's nothing like thawing your cold bones in a hot shower. But when you're done, don't let warm bath or shower water go down the drain. Instead, keep the water in the tub to add a little warmth and humidity to your home.

3. Mind the gap
Tap into your college smoking habits and use towels to fill gaps under doors to keep heat from escaping. Pipe insulation also works well, but it's not as nostalgic.

4. Quilt up
Don't be ashamed to use heavy quilts as curtains to keep heat from leaking out of windows, especially at night and during windy days.

MORGAN ROUSSEAU

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New Philly district attorney and controller sworn in

Larry Krasner and Rebecca Rhynhart took office Tuesday.

SAM NEWHOUSE
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Larry Krasner, left, won the election for Philly DA, and Rebecca Rhynhart won the office of city controller. KRASNER BY CHARLES MOSTOLLER, RHYNHART COURTESY OF CAMPAIGN

Two new faces joined the ranks of elected citywide officials on Tuesday: Philadelphia DA Larry Krasner and City Controller Rebecca Rhynhart.

The two shocked political observers when they pulled off surprising upsets in the May primary, both defeating establishment candidates on reform platforms that were seen as being buoyed in part by an anti-Trump backlash.

Krasner, a lifelong defense attorney who has never previously served as a prosecutor, laid out a grand vision for the future of Philadelphia in his inaugural address.

"Today, we start the long road toward trading jail and trading death row for schools," Krasner said. "A movement was sworn in today. … On behalf of that movement and as nothing more than a technician for that movement, I thank you."

Krasner, Philly's 26th DA, takes over an office with a staff of 600 and a budget of some $40 million. It was previously run by interim DA Kelley B. Hodges, who stepped in to replace former DA Seth Williams after he resigned in August and pleaded guilty to federal corruption charges.

Krasner has issued a long list of promises about criminal justice reform, from changing how sentences are sought to whether or not evidence found in a stop-and-frisk can be used for a criminal case, but the reality of his promises remains to be seen.

Meanwhile, Rhynhart, Philly's first female controller, promised a new era of transparency at the office of the city's financial watchdog. Rhynhart also vowed to examine the Philadelphia Parking Authority as one of her early tasks in office.

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PHILLY BIKE RIDES TO TAKE IN 2018

RANDY LOBASSO
Analysis

A bicycle is the best way to get around, and if you're reading this article in Philadelphia, you live in the most-biked big city in the United States. So, what's holding you up from getting on a bicycle yourself? And to get you started, I came up with four great Philadelphia (and Philly-area) rides.

1. Ride to work or school
You know you've thought about it. 2018 is the time to do it. Take your bike out of the basement, the shed, or wherever; get on it; and ride to your daily destination. Bicycling is the best way to explore a city, and riding to work or school lets you explore your city as part of your daily routine.

2. Schuylkill River Trail
A portion of the Circuit Trail Network throughout the Greater Philadelphia Region, you can ride the Schuylkill River Trail almost completely off-road between Center City and Valley Forge National Park, and essentially all afternoon if you've got the time.

3. Philly Naked Bike Ride
The Philly Naked Bike Ride is truly a one-of-a-kind experience. In addition to the as-advertised nature of the the ride, it is truly the most-judgment free zone you will ever find yourself in. It's hard to come across anyone having a bad time at the PNBR — whether they're participating or watching from the sidewalk.

4. Philly's most-ridden bike lane network
Biking is a great way to get around, but it can also be worrisome and, sometimes, dangerous. That's why I suggest everyone, whether you're a cyclist or not, gets on a bike and ride's Philly's most-ridden network during rush hour. The bike lanes along Spruce and Pine Streets are Philly's most-ridden and, when installed, well-known as the best. But as I've discussed in this column many times, they've become the most worn down and, according to the PPA, the most parked-in throughout the city.

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Saint West's pneumonia scare

It was a terrifying New Year's for Kim Kardashian West. Not because of the chilling thoughts of her sisters' spawn, but because Saint West was hospitalized for pneumonia.

The 2-year-old recently spent three nights in the hospital — and Kardashian West calls the experience "so scary."

"My precious baby boy is so strong!" she wrote on Instagram. "After spending three nights in the hospital & seeing my baby get multiple IV's and hooked up to oxygen machines, our end of year was challenging. Pneumonia is so scary!"

The 37-year-old says Saint is all better now, calling the little love muffin "so resilient" and using the mixed baby angel emoji. Legitimately appropriate!

TMZ reported earlier that Saint had been taken to a hospital in Los Angeles on Thursday, where Kardashian West and her husband, Kanye West, shared overnight duties. You know, like parents do.

Because after all, celebrities are just like us. Just way richer and far more removed from the realities of everyday life.

the word

America Ferrera expecting a baby friend

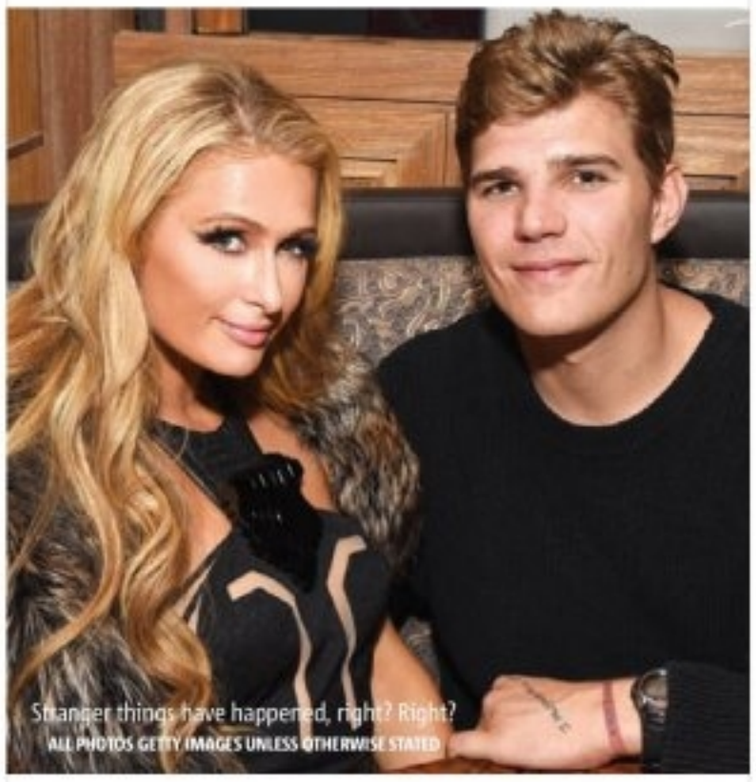
America Ferrera is gonna have a baby. The "Superstore" actress announced via social media that she and her husband, Ryan Piers Williams, are expecting their first child.

"We're welcoming one more face to kiss in 2017! Wishing you #MásBesos in the New Year," she wrote on New Year's Eve. Aw.

The couple, who just celebrated 12 years together, first met when Williams, 36, cast Ferrera in his student film while studying at the University of Southern California. They were engaged in June 2010 and married in 2011.

Mazel, y'all!

Paris Hilton is getting married



Paris Hilton — a woman you may know as the self-professed matriarch of taking selfies — is engaged to be married. OK!

The 36-year-old former star of "The Simple Life" reportedly got engaged to her boyfriend of two years, Chris Zylka, 32. He popped the question just before the New Year, during a ski trip in Aspen, and photographers from People were suspiciously there for some reason.

"I am so excited to be engaged to the love of my life and my best friend," Hilton said in an absolutely unrehearsed statement to People. "I have never felt so happy, safe and loved. He is perfect for me in every way and showed me that fairy tales really do exist!" Ah, to be rich enough to have survived 2017 and still believe in fairy tales.

No words of wisdom from Zylka yet, but I think the tattoo he has that reads "Paris" in Disney font says enough, yeah?

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Comedian Hannah Trav brings a deeply personal show to PHIT

It even features Bruno Mars as a character.

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Hannah Trav appears in her own show The Way I Remember It. CONNOR ROTHSTEIN

When we are in need for a good laugh in order to escape reality, we turn to stand-up comedians. A great stand-up comedian is a magician of sorts: with little more than a microphone, she can have an entire room full of people erupting into side-splitting laughter. But what happens when the comedians need to deal with their own reality?

One local comic has answered that question by doing what she does best: producing material. Except this time, it is on a far more personal level, one that goes beyond simply entertaining an audience.

On Jan. 5-6, Hannah Trav will present her multimedia comedy show "The Way I Remember It" at Philly Improv Theatre (PHIT) on Sansom Street in Rittenhouse Square. It marks the third outing for the show, which Trav workshopped in September 2017 and expanded to a half-hour show two months later.

"Everyone who saw it before told me they felt hopeful and invested in the success of my character 'Hannah,'" Trav said. "I put so much of myself out there in this show, but it was 100% worth it. Now I just feel proud of myself and excited to do the show again."

In the vein of shows such as Maria Bamford's "Lady Dynamite" series, "The Way I Remember It" chronicles the difficult experiences in Trav's life from April through November 2017. Through stand-up comedy and video sketches, the show allows audiences a glimpse inside Trav's head for an hour—giving them the chance to possibly see something to which they can relate.

"I am not embellishing when I say that this year was one of the most difficult of my life," Trav admitted. "This show is about me trying to achieve a goal and the many barriers I faced in trying to accomplish that goal."

In addition to Trav herself, "The Way I Remember It" will also feature comedians and sketch performers Jolie Darrow, Sean Sullivan, Bill Reick, and Maddie McLennon acting as various people in Trav's life. Local comedian Erin Donohy will open the show with stand-up comedy Jan. 5, while comedian Michael Kelly will do the honors the following night.

Perhaps one of the most unique aspects of the show is the fact that singer-songwriter Bruno Mars is a character. Mars will be portrayed by local comedians Kyle Harris and Annie Paradis.

"I've always liked Bruno Mars, but it wasn't until this year that I really connected with him," Trav said. "I dance every day alone in my apartment, and this show takes place at a time where his album '24K Magic' was on heavy rotation for my dancing sessions. I found that album picked my mood up during some dark times. I started writing stand-up jokes about Bruno Mars helping me through dark times and it just felt like a natural progression to include him in the show."

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Become a better home chef with the #Cook90 challenge

home

Take the #Cook90 challenge and cook three meals a day over a 30-day period. PROVIDED

Kick off 2018 with a tasty resolution: cooking three meals a day for a month.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

If you're looking for a New Year's resolution that doesn't feel like punishment, as dieting or sober January often do, the #Cook90 challenge might appeal to you. It isn't about calorie counting or depriving yourself; it's a celebration of home cooking, breaking bread with friends and family and consuming what makes you happy — so long as you make it yourself.

Founder David Tamarkin first came up with the #Cook90 challenge — a pledge to cook three meals a day over a 30-day period — on New Year's Day three years ago. At the time, he was going through a rough patch when he realized that cooking alleviated his anxiety. He figured he'd do it more often.

Cooking three meals a day for 30 days might sound daunting, and Tamarkin gets this: He lives in NYC and works full-time as the editor of Epicurious.

"I am a cooking person but I'm not necessarily a super organized person," says Tamarkin. "What Cook 90 does is it forces you to fit daily cooking into a hectic life."

As a bonus, eating at home also saves money, and even if you're not counting calories, studies show that making your own meals ends up being healthier than eating out.

Tamarkin has devised a plan to make it doable. To participate, sign up on Epicurious.com and you'll receive a newsletter with a suggested grocery list and a weekly meal plan. Follow it down to the recipe, use it for meal inspiration, or do your own thing. You can hold yourself accountable by posting your meals on social media with the hashtag #cook90, or follow along others' culinary trials for camaraderie. Here's how it works.

#Cook90 rules

You can eat whatever you want, as long as you cook all your meals. Tamarkin defines cooking as "transforming raw ingredients with heat," or "taking two or more raw ingredients and combining them to make something greater than the sum of their parts." So, making a sandwich counts; heating up a can of soup or a frozen burrito does not.

Leftovers are your friend

"You can't cook every day and not rely on leftovers — and you should," he says. However, Tamarkin suggests not eating leftovers more than twice.

Instead, make "nextovers," or leftovers repurposed to create a different meal. For example, if you make a roast chicken for one meal, shred it into tacos or diced it up in a caesar salad.

Cook with others

Take the opportunity to throw dinner parties and potlucks during the long, cold month. "You learn from other people, it's fun, it creates community," Tamarkin says.

Become a better home chef

After completing a #cook90, Tamarkin says that while he definitely doesn't make every meal, the habit of cooking sticks with him and he has plenty of new recipes to last the winter. He also likes to do a #cook90 in the spring for a refresher.

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Foles or Sudfeld? Either way, the Eagles are in big trouble

Philadelphia Eagles quarterback Nick Foles looked lost during his limited start on Sunday against the Dallas Cowboys in what became a 6-0 loss. GETTY IMAGES

With the NFL postseason just around the corner, the top-seeded Eagles have a glaring hole within their roster: quarterback.

EVAN MACY
@evan_macy
evan.macy@metro.us

"It's controversial that either one of these guys are NFL quarterbacks," a Philly sportswriter said in the Eagles' press box Sunday afternoon.

Is there a controversy between Nick Foles and Nate Sudfeld? The simple fact that Eagles writers and fans are forced to contemplate that question is a really, really bad sign.

Even the most optimistic of Eagles fans felt a bit concerned at Lincoln Financial Field Sunday, watching the starting quarterback of their No. 1-seeded playoff-bound team post a 15.6 quarterback rating in a 6-0 loss to the Cowboys in Week 17.

Foles dropped a snap (that he dived over to recover), missed a few wide-open receivers and was unable to avert an avoidable sack. He also threw a needlessly awry pass late in the first quarter nowhere near Alshon Jeffery that was picked off.

On a bevy of passes, onlookers were wondering what to make of Foles and his brief 4-for-11, 39-yard, one-interception stat line after one quarter of work.

He was out of sync with his receivers and with center Jason Kelce, which was par for the course considering he looked completely out of place on the field.

In his defense, the run game did not perform and penalties put Foles well behind the sticks during his quarter of action. But the quarterback looked nothing like his former Eagles' self — the one who threw for an NFL record seven touchdown passes in a game, and for 27 touchdowns and just two interceptions during the 2013 regular season.

Sudfeld looked better, but not by much, in his Eagles debut, taking the field in the second quarter and completing 19 of 23 passes.

The Indiana product rarely threw down the field, tallying just 138 yards and never really threatening the Cowboys defense. He was sacked three times and was unable to get any momentum under center as the Birds were embarrassingly shut out Sunday.

The Eagles offense was obviously shorthanded after the injury of star second-year quarterback Carson Wentz, but it certainly was far from resembling the Super Bowl-contending team that charged through most of the 2017 campaign.

Back during training camp, as Foles battled Matt McGloin for the backup role, many argued that it really didn't matter. It was said that if either one of the Birds' prospective reserves became relevant to the Eagles season due to a Carson Wentz injury, the team was in trouble.

Now after a 13-3 regular season, the nightmare scenario has come to fruition. The evidence suggests it strongly: it doesn't matter who is at the helm in two weeks. It will be up to the defense and run game to win in the playoffs this season.

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2018 NOTICE OF VACANT PROPERTY REVIEW COMMITTEE MEETINGS

The Vacant Property Review Committee will meet in the Caucus Room, (Room 401, City Hall) from 10:00 A.M. to 2:00 P.M. on the following dates:

Tuesday, January 16, 2018
Tuesday, February 13, 2018
Tuesday, March 13, 2018
Tuesday, April 10, 2018
Tuesday, May 8, 2018
Tuesday, June 12, 2018
Tuesday, July 10, 2018
Tuesday, August 14, 2018
Tuesday, September 11, 2018
Tuesday, October 9, 2018
Tuesday, November 13, 2018
Tuesday, December 11, 2018

SUSIE D. JARMON, CHAIRWOMAN
Vacant Property Review Committee

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2018 NOTICE OF STATED MEETINGS

The Philadelphia City Council will have its Regular Stated Meetings on the dates listed below. All meetings will be held at 10:00 A.M. in Room 400 City Hall, except as noted below.

Thursday, January 25, 2018
Thursday, February 1, 2018
Thursday, February 8, 2018
Thursday, February 15, 2018
Thursday, February 22, 2018
Thursday, March 1, 2018
Thursday, March 8, 2018
Thursday, March 15, 2018
Thursday, March 22, 2018
Thursday, April 5, 2018
Thursday, April 12, 2018
Thursday, April 19, 2018
Thursday, April 26, 2018
Thursday, May 3, 2018
Thursday, May 10, 2018
Thursday, May 17, 2018
Thursday, May 24, 2018
Thursday, June 7, 2018
Thursday, June 14, 2018
Thursday, June 21, 2018
Thursday, September 13, 2018
Thursday, September 20, 2018
Thursday, September 27, 2018
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Joel Embiid's passion, hustle are as scary as they are impressive

Philadelphia 76ers star center Joel Embiid is putting everything on the line regardless of his past injury history, which is concerning. GETTY IMAGES

Joel Embiid continues to risk injury as he shows he knows only one way to play.

ANDY JASNER
@AndyJasner
sports@metro.us

The Philadelphia 76ers will only go as far as star center Joel Embiid takes them.

If the 7-foot-2 franchise cornerstone continues his hard crashes to the floor with seemingly no regard for his safety, they won't be going to the playoffs in 2018.

Many fans on Twitter noted how much they like Embiid's hustle and determination. No argument.

But Embiid already is a question mark on back-to-backs and other games as well. He has missed nine of the Sixers' first 36 games this season. Do the math – that's 25 percent of the team's games.

In a game the Sixers won Monday night against the Phoenix Suns, Embiid suffered a sprained right hand after a rough fall after a collision with Devin Booker.

He appeared to be wincing the rest of the game, though X-rays did come out negative.

Embiid could have easily broken his hand and missed six-to-eight weeks.

If that had occurred, the Sixers' playoff chances would have likely disappeared. It's not a 100-percent certainty anyway if he plays much of the season. Without their big man, forget it. He means that much to this franchise.

Ben Simmons, Dario Saric and JJ Redick are vital pieces. Embiid is the whole key. That's not exactly a news flash.

Crashing to the floor has been a common occurrence for Embiid. It happens at least once, if not more than once in most games.

The passion is evident and he needs to play with emotion. Clearly, it motivates him and works for the team.

In the end, the Sixers won their second-in-a-row on the road after a victory the night before in Denver against the Nuggets. After falling four games below .500, they inched back upward at 17-19.

But Embiid didn't take a single shot after the injury and was far less effective. He wants to push through and play and that's admirable. He has to be more responsible, a word used often by head coach Brett Brown.

This is a long-term project in Philadelphia despite some viewing it otherwise. This team isn't going to the NBA Finals this season. Or next season for that matter

There are so many layers to this rebuild and it all hinges on Embiid.

He needs what seems to be daily treatment on his balky back. Brown is asked daily about Embiid's health because it is such a question mark. He's not cleared to play in back-to-back games and there's no timetable as to when that might change.

"The endgame is to make him a normal member of a team," Brown told reporters in Portland. "He's amazing to date with the rules and the restrictions, the things that he's got to go through to play, game day, game night."

Understood.

Embiid can help himself by not making an ownership group and an entire fan base cringe every time his body hits the floor with incredible force. That problem is at least solvable.

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2018 NOTICE OF VETERANS ADVISORY COMMISSION MEETINGS

The Veterans Advisory Commission, established pursuant to Resolution No. 060059 (Adopted February 2, 2006), will meet in City Council Chambers (Room 400, City Hall) on the following dates and times.

Wednesday, March 7th, 2018, at 2:00 P.M.
Wednesday, June 20th, 2018, at 2:00 P.M.
Wednesday, September 12th, 2018, at 2:00 P.M.
Wednesday, December 12th, 2018, at 2:00 P.M.

GEORGE GINDER, CHAIRMAN
Veterans Advisory Commission

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2018 NOTICE OF LIVING WAGE AND BENEFITS REVIEW COMMITTEE MEETINGS

The Living Wage and Benefits Review Committee, established and constituted pursuant to Phila. Code §17-1311 and Resolution No. 110807, will meet in City Council Council Chambers (Room 400, City Hall) on the following dates and times:

Tuesday, March 6th, 2018, at 11:00 A.M.
Tuesday, June 19th, 2018, at 11:00 A.M.
Tuesday, September 11th, 2018, at 11:00 A.M.
Tuesday, December 11th, 2018, at 11:00 A.M.

RICHARD LAZER, CHAIRPERSON
Living Wage and Benefits Review Committee

CITY COUNCIL
Philadelphia, Pennsylvania 19107-3290

2018 NOTICE OF ECONOMIC OPPORTUNITY REVIEW COMMITTEE MEETINGS

The Economic Opportunity Review Committee, established and constituted pursuant to Phila. Code §17-1607 and Resolution No. 120184, will meet in City Council Chambers (Room 400, City Hall) on the following dates and times:

Monday, March 5th, 2018, at 10:00 A.M.
Monday, June 18th, 2018, at 10:00 A.M.
Monday, September 10th, 2018, at 10:00 A.M.
Monday, December 10th, 2018, at 10:00 A.M.

IOLA HARPER, CHAIRPERSON
Economic Opportunity Review Committee

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1006 Powell, Beverly Household • 5196 Powell, Alfonzo Household, Clothing, Tools
3079A Rouse, Kareem Household, Clothing, Furniture • 5215 Williams, Elliott Clothing

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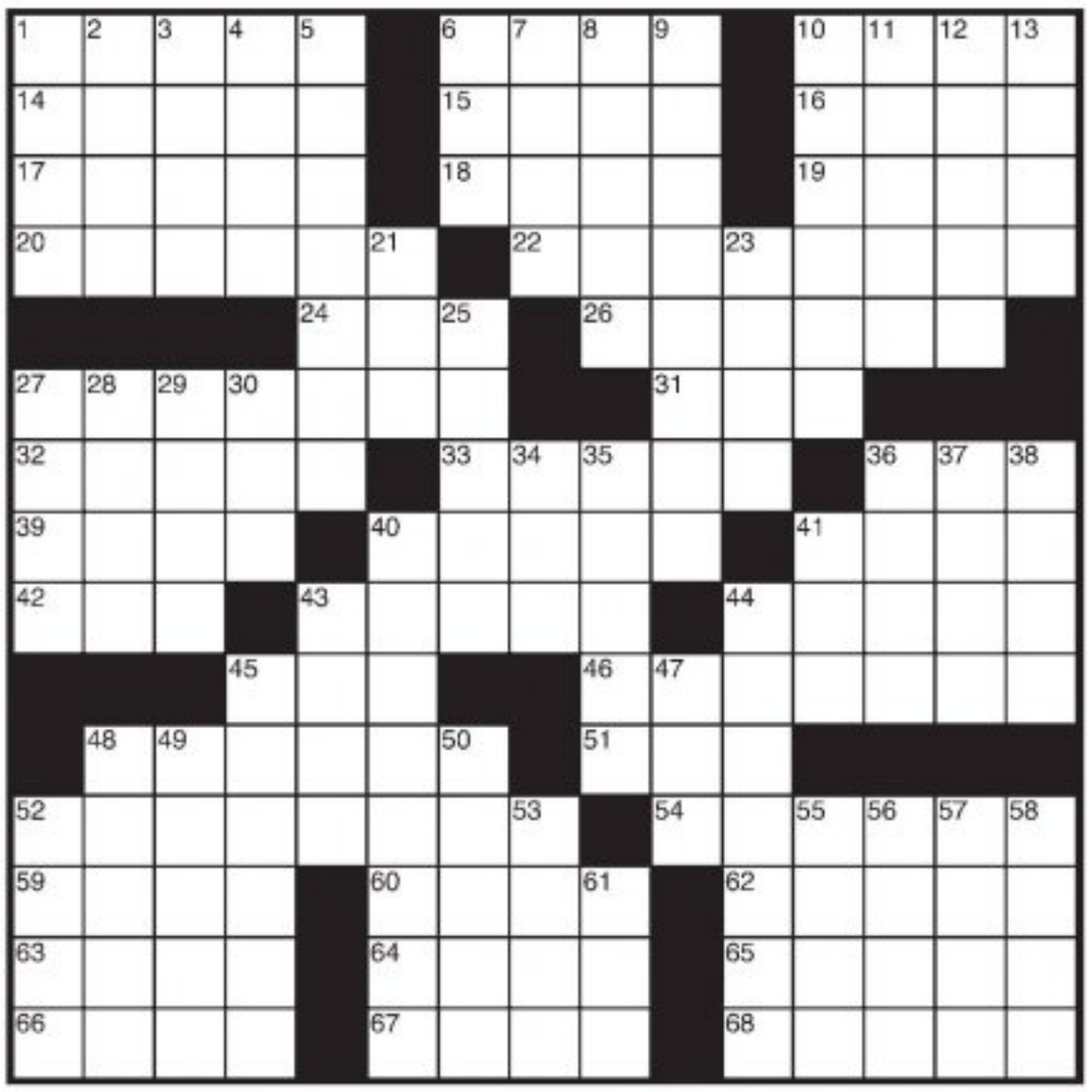
Across
1 Dangles
6 FYI note
10 Cellar, briefly
14 George who was a she
15 Like khaki
16 Bryce Canyon site
17 Happen again
18 Marsupial pockets
19 Waiter's offering
20 Full of vinegar
22 Sheep owner's job
24 Worn-down pencil
26 Home of the Illini
27 Bit of glitter
31 Limo passenger
32 Articles of merchandise
33 Fix the clock
36 Open-wide word
39 Ocean sighting
40 Flat-tasting
41 Ms. Lanchester of films
42 Moo -- gai pan
43 Look after (2 wds.)
44 Prior to
45 Brooklyn cager
46 Swindles (2 wds.)
48 Stomping grounds
51 HBO alternative
52 Corrupt
54 Hammer partner
59 Accrue interest
60 Plunder
62 Glimmer
63 With, to Henri
64 – Stanley Gardner
65 Krishna devotee
66 – -majeste
67 Big bucks?
68 Hauls along

Down
1 Queen of the gods
2 Novelist -- Waugh
3 – and easy
4 Toe woe
5 Orchestra section
6 GPs
7 Bullpen stats
8 – Picchu
9 Saw
10 Unjust verdict, slangily (2 wds.)
11 Mug
12 Edible lichen
13 Hoodlum
21 -- -de-sac
23 Just slightly (2 wds.)
25 "Uncle Miltie"
27 Guzzle
28 El --, Texas
29 "City of New Orleans" singer
30 Society column word
34 Do lunch
35 Stable sound
36 Low voice
37 Yeah, right! (2 wds.)
38 Fair share
40 Improved
41 Coast Guard off.
43 Cellphone button
44 Stressed
45 Faint difference
47 Those elected
48 Pant
49 Realty units
50 Entrap
52 Real bargain
53 Shower liner
55 Ad award
56 Superman's alias
57 Take on cargo
58 Non-flying birds
61 Berlin article



metro.us/sudoku

easy

	2				1	9	6	5
8								
			9			2	7	
	6	7	3				2	4
		5		4		3		
4	1				7	5	9	
	9	2			8			
								2
6	3	1	7				8	

hard

7			1	5				2
2					9	1		
4				2	6		5	
3		4	2	6				
				9				
				1	3	9		5
	2		9	4				3
		5	6					9
9				3	1			7

metro.us/horoscopes

Aries Hold on to your money, job and stability by doing what's expected of you and carrying out your own plans. Intelligence and common sense will be required.

Taurus Be careful how you handle domestic matters. Someone may not see things the same way you do. Be willing to compromise and to listen to wise advice.

Gemini Concentrate on your relationships with others and determine who you are best off spending time with. Stick to people who are a positive influence on you.

Cancer Be careful not to go overboard. You can have fun and be moderate at the same time. Emotional incidents will surface if you are too aggressive or inconsistent.

Leo Distress will kick in if you let someone take advantage of you emotionally. Avoid being indulgent or overspending on items you don't need.

Virgo Don't overdo it. Added stress will set in if you make promises you don't want to keep. Consider the best way to make the most of your time.

Libra Emotions can make people do foolish things. Don't make a hasty decision, or you will end up having regrets. This is not the time to burn bridges or start a feud.

Scorpio Take a step back to avoid getting into an emotional feud. Too much of anything will come back to bite you. Keep your life simple, affordable and moderate.

Sagittarius Taking care of other people's business will be draining. Don't make promises you cannot keep or get involved in something you aren't capable of handling.

Capricorn Emotions will push you in a direction that could lead to uncertainty. Consider the consequences should things not go as planned.

Aquarius Look for professional alternatives that will encourage a better use of your experience and allow you to learn. An ambitious attitude will bring good results.

Pisces Assess your financial situation and consider your job prospects. Having a plan will help you stay on track as the year unfolds. EUGENIA LAST

Yesterday's answers

A	P	T		P	R	O	P	S		B	E	A	R	S
D	E	W		R	O	B	O	T		E	S	T	E	R
A	T	E		I	C	I	E	R		C	A	M	P	S
G	A	R	B	S		S	M	A	C	K				
E	L	P	A	S	O			W	H	O	O	P	S	
			C	Y	C	L	E		I	N	C	I	T	E
T	U	C	K		T	O	X	I	C		U	P	O	N
I	B	I	S			L	I	B			L	E	N	D
F	O	R	E		V	A	L	E	T		I	D	E	S
F	A	C	A	D	E		E	X	E	C	S			
	T	A	T	E	R	S			M	O	T	O	R	S
				C	A	K	E	D		A	S	S	E	T
M	A	M	B	A		I	R	O	N	S		A	G	A
I	N	T	E	L		D	A	V	I	T		K	I	N
R	A	N	T	S		S	T	E	P	S		A	S	K

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